

Quick Chicken and Dumplings

www.bestmealsatbome.com

Servings: 5

2 cans (18.6 ounce ea) Progresso
Rich & Hearty chicken pot pie soup
1 can (7.5 ounce) refrigerated
buttermilk biscuits
chopped parsley (if desired)

Preparation Time: 5 minutes

Cook Time: 25 minutes

In a ten-inch nonstick skillet, heat the soup over medium heat until bubbly, stirring occasionally.

Separate the dough into ten biscuits. Cut each biscuit into quarters. Place the biscuit quarters on top of the hot soup. Simmer uncovered for 10 minutes.

Cover and simmer for an additional 8 to 10 minutes or until the biscuits are no longer doughy.

Sprinkle with parsley.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g		

Food Exchanges

Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 0 Calories from Fat: 0

		% Daily Values*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.